



## Crime, Delinquency, Prevention of Preterm Birth and Promotion of a Healthy Lifestyle among Schoolchildren

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**Annotation:** This article is devoted to the problems of crime, delinquency, prevention of premature birth and promotion of a healthy lifestyle among schoolchildren. Children is our future. Our common future well-being and confidence in the future depend on how happy they will be in childhood, having the opportunity to grow up in a prosperous family, enjoy life, learn, develop, delight with their successes and achievements.

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The issue of upbringing and development of children has been and remains one of the highest priority issues of human society. In other words, in a state or society where insufficient attention is paid to this aspect, the problem of juvenile delinquency is acute, which over time is steadily turning into the crime of adult criminal elements, representing a completely different danger and consequences for society. That is why, by preventing the manifestations of various offenses and crimes among children and adolescents, we thereby carry out work, albeit difficult and sometimes ungrateful, but based on state significance.

To date, the problem of crimes and offenses among the youth is one of the urgent problems of modern society.

In order to develop practical recommendations for reducing the rate of delinquency and crime among young people, it is necessary to understand what pushes young people to commit crime. There are many reasons. The main ones are: 1) the desire for a "beautiful life", the desire for quick enrichment, the cultivation of money and material wealth in society; 2) high latency of crime; 3) the desire to show oneself and assert oneself; 4) alcohol and drug addiction, and many others.

A family. Primary element in preventive activities. Modern psychology and pedagogy asserts that no one can replace the family in raising children, especially at an early age. Contact with parents is necessary for children for their full development. Parents are role models. The behavior of parents, their views, habits, beliefs are largely adopted by children, so the main source of neglect of children is the relationships that have developed in the family.

In this case, it is important in order to prevent crime and delinquency among young people:

1) parents should not allow conflict family situations in front of the child, because they have a very negative effect on him. He begins to look for emotional discharge in the external environment, is easier to influence, shows a tendency to undesirable behavior;

2) parents to be tolerant towards their children and their undertakings. Often, having met rudeness and cruelty from their parents, children no longer want to do what they would like. It hurts their psyche. Parents should also not impose their desires, realize their unfulfilled dreams in children. It is important to show care, understanding, support and encouragement, but at the same time



remember that overprotection and excessive satisfaction of the child's needs lead to not very favorable consequences. Often such children grow up lazy, dependent and infantile children;

3) do not put children in second place after a career. Many modern parents who are completely immersed in work do not find time to raise their own children, often shifting this responsibility to nannies, grandparents, school, etc. They, as a rule, “do not know their children”: what they are fond of, what they love, what they are striving for. All this adversely affects the formation of the personality of the child. According to statistics, more than two thirds of adolescents who committed offenses were brought up in a formally complete family, in a family with normal material and living conditions;

4) educate children properly. To instill the right life orientations, beliefs, values - all this is the primary task of the family. Build a sense of responsibility and duty. Eliminate the lack of spirituality in family life. Often, children, looking at their parents and their pursuit of various material goods, take money for the true value. Parents should talk with their children about the real role of money and material goods in a person's life, not cultivate them, but fill the life of the family with real human benefits;

5) parents should pay attention to the behavior of children at an early age and try to stop any manifestations of cruelty on the part of the child towards animals, younger or older brothers and sisters, as well as towards their peers. To educate in a child such feelings as understanding, empathy, mercy, tolerance and tolerance, the desire to selflessly help people;

6) parents should try to know as best as possible with whom their child communicates (within reasonable limits), tk. friendly communication with peers is one of the main psychological needs in adolescence and youth, and what a child lacks at home, he seeks to learn from his friends.

Thus, the family is an important element in the system of early prevention of crimes and offenses, and it is the family that has a huge role in educating the younger generation as law-conscious citizens.

The next important element in the preventive system is the school.

The main tasks of the school are: 1) identifying children and families of social risk groups, registering dysfunctional families in which parents improperly fulfill parental responsibilities for raising and educating children and treat them cruelly; 2) promotion of legal knowledge among students and their parents. In our opinion, such a compulsory subject as law should be introduced in schools, because the level of legal knowledge and legal awareness among the majority of the population, including young people, is practically absent; 3) organization of events to foster parental responsibility, promote family values, prepare young people for family life. In this regard, to hold, for example, Family Day, organize family communication clubs, sports and cultural holidays for the whole family, etc.; 4) assistance to parents in the education of adolescents with deviant behavior or in its prevention; 5) organization of leisure (opening of various sections, scientific circles, etc.). This is due to the need to increase the extracurricular activities of students in order to reduce the risk of falling into bad companies and committing crimes and offenses; holding cultural events aimed at educating young people, educating them in the good and beautiful; 6) the introduction of comprehensively directed subjects at school. This will help students know more about the world, self-determine, find what interests them and develop it in themselves; 7) organization of recreational activities, joint field trips, excursions, in order to bring teachers and students closer together, to develop more trusting relationships between them. This is very important, because children, with rare exceptions, turn to psychologists for help in difficult situations. Most often they are looking for her among their close circle - among friends; 8)



providing advice to adolescents aged 14-18 in self-determination in the labor market, in finding a job, in choosing a profession; organizing work for teenagers to improve the school, district, city during the holidays, promoting their employment; 9) payments in schools of financial assistance, scholarships or various kinds of incentives for successful study, cultural, scientific, sports achievements. This will give a certain incentive not to stop there and work further in the same direction; 10) provide opportunities for their students to participate in grants, various olympiads, competitions at the All-Russian and international levels at the expense of the educational institution. Often the lack of opportunities hinders the advancement of talented children. Sometimes they direct their strength and knowledge in the wrong direction and commit rash acts, because they do not know where to apply them.

Leisure. Leisure is the most important element of the way of life, an indispensable condition for the comprehensive development of the individual. One of the most common leisure activities for the soul is a hobby. A hobby is necessary for a person to feel passionate, increase interest in life, get rid of some bad habits and addictions. The presence of a hobby can tell a lot about a person, as well as its absence. Without a hobby, we don't know what to do with ourselves in our free time, as a result, all sorts of unpleasant thoughts come into our heads that can turn into crimes and offenses.

In order to prevent crimes and offenses in this case, it is necessary to provide various forms of leisure activities for young people, namely: 1) intellectual leisure. Ensure the accessibility of libraries, museums, art galleries, theaters and cinemas. In our opinion, it is necessary to introduce preferential visits to these institutions for schoolchildren and students, because prices, for the most part, are high and unaffordable for unemployed young people. Also, to hold various fairs, competitions, which would be rewarded with free receipt of the necessary and interesting literature, free subscriptions to visit various leisure institutions, etc.; 2) cultural and sports leisure. To make sports and cultural institutions accessible to a wide range of young people: stadiums, music, art schools, art schools, palaces of culture and sports, and other youth organizations. To develop new, modern directions of creative and sports activities. Open various centers of creativity in various districts of the city, region (for universal accessibility); 3) socially useful leisure (volunteer work). Helping the needy, visiting orphanages will help the younger generation feel their need, teach them the main source of goodness - mercy, unfortunately, empathy.

It is also necessary to carry out informational propaganda of the activities of youth leisure associations at the place of residence.

Promotion of healthy lifestyles. This is one of the strategic directions in the early prevention of crimes and offenses among young people, because Many problems arise precisely because of the wrong lifestyle and bad habits.

To promote a healthy lifestyle as one of the most important elements in the prevention of crimes and offenses, it is necessary to: 1) affirm the importance of choosing positive values in various life situations, promote awareness of the undesirability and harm of tobacco, alcohol, and smoking; 2) demonstration of a lifestyle that testifies that life without bad habits can be no less pleasant and joyful; 3) from a psychological point of view, to learn to control their emotions, set constructive life goals, achieve them, develop optimism, the ability to establish contact with people and find and accept compromises; 4) reduce advertising of tobacco and alcohol products; 5) attract young people to lead and promote a healthy lifestyle; 6) organize public holidays to promote sports and health (relay races, cross-country races, olympiads, etc.).

Thus, the early prevention of crime and delinquency among young people is the primary task of the family, as well as schools and leisure institutions. An important role in this issue is also played by the promotion of a healthy lifestyle. The younger generation, which has not yet formed basic life



values and guidelines, is a weak link, it is easy to manipulate it, it often succumbs to temptations, not thinking about the consequences. As a rule, those who stumble at an early age are more likely to become criminals in the future, therefore, early prevention of crimes and offenses is the most important task of all those who are associated with young people - parents, teachers, coaches, leaders and, of course, the state, i.e. the government. A healthy, law-abiding and properly oriented young generation is the main pillar of the country.

In one of his speeches, the head of our state, Shavkat Mirziyoyev, noted that if we do not take care of raising children, check their behavior daily, educate them, train them in professions, and ensure their employment, it will be difficult to protect them from harmful influences. This is a true and wise statement of the President of our country as a guide to action in this direction. And the main emphasis is on physical education and sports as very effective measures in the prevention of delinquency among young people. Thus, in the Decree of the President of the Republic of Uzbekistan "On measures for the further development of physical culture and mass sports", it is noted that large-scale work is carried out in our society aimed at creating a healthy lifestyle, creating for the population, especially the younger generation, conditions that meet modern requirements for regular classes. physical culture and mass sports, strengthening among young people through sports competitions the will, faith in their own strengths and capabilities, developing courage, feelings of patriotism and devotion to the Motherland, systematic organization of work on the selection of talented athletes from among young people, the further development of physical culture and mass sports. At the same time, widespread propaganda and explanation in all regions of our country of the importance of mass sports in the life of a person and family, as the basis of physical and spiritual health, protection from bad habits of young people who are embarking on a life path with great hopes, creating the necessary conditions for young people to realize their abilities and talents, improvement of the system of selection and targeted training of gifted athletes remain important and urgent tasks.

The high achievements of the representatives of our country at the Olympic Games, world championships, international competitions, the growing authority and sports potential of Uzbekistan in the world, the construction of majestic sports facilities in the regions of the republic that meet international standards, and the three-stage sports games that are becoming increasingly popular among young students deserve special attention. Umid nihollari", "Barkamol avlod" and Universiade.

The causes and factors of criminal behavior of minors should be in the field of view of law enforcement agencies, families, mahallas, the general public and educational institutions. However, unfortunately, for the majority of young offenders, the role of friends and their opinions are much more significant than the opinions and roles of adults. Juvenile delinquency has a number of specific features that distinguish it from adult delinquency. For young men, the desire to possess the qualities of a "tough guy", gleaned from films and television shows, is typical. Hence the desire to demonstrate physical strength, masculinity, looseness. It should not be forgotten that the problem of juvenile delinquency prevention is a complex problem, and it concerns not only law enforcement agencies, but also all subjects of prevention. How, where and with whom young people spend their personal, free time from study and work is a problem that worries society at all times. The concept of "leisure" covers a wide space and time of life of adolescents outside of educational institutions and workplaces.

In this aspect, physical culture and mass sports are considered in our country as an important social means of introducing young people to a healthy lifestyle and preventive work to prevent their possible antisocial behavior. At the same time, the role of employees of internal affairs bodies, coaches, teachers and mentors is invaluable. And the main means of involving young people in



sports activities are conversations, familiarization with different sports, its characteristics, so that at the first stage a teenager can decide which direction and sport he is most interested in, what he would like to do. In the future, the attendance of classes and trainings by a teenager, academic performance, discipline, fulfillment of instructions of a teacher, trainer, participation in social work, competitions, and training events are carried out. Physical culture and sports are actively promoted through the mass media, the Internet, television, magazines, as the main sources of information for adolescents.

Mass sports events are the main direction in crime prevention. Physical culture and sports, being effective means of maintaining and promoting health, are able to prevent not only various diseases and bad habits, but also antisocial behavior of young people, as a result of which the crime rate among adolescents is reduced. Using the above methods and measures, it is necessary to strengthen, and most importantly, systematize educational and preventive work in educational institutions and start it at an early age.

The correct implementation of all of the above points teaches young people to discipline, rules of conduct, instills the ability to communicate and be in a team, thereby protecting them from the negative "influence of the street." It is necessary to make sure that children and adolescents, having started to engage in sports training, understand and realize that sports achievements are not easy to achieve - they require a lot of effort and time, and for idle street leisure, where offenses and crimes are most often committed, it is simply not there is neither time nor desire.

Together, together, we must do everything to replace the idle pastime of young people with sports leisure. At the same time, the desire for physical education and sports is promoted and encouraged among the youth. In this aspect, the role of crime prevention inspectors is very important, who, representing the internal affairs bodies in the mahalla gatherings of citizens, together with activists, carry out fruitful work with young people, attracting children and adolescents to sports, promoting a healthy lifestyle among them. This important work is one of the priority tasks carried out in the mahallas of the country, where sports grounds have been built as part of the improvement, sports sections and hobby groups are functioning, and young athletes of mahalla teams become winners and prize-winners of competitions at both local, regional and republican levels.

The efforts made in this direction are yielding positive results. More and more young men and women, joining a healthy lifestyle, go in for physical education and sports, develop physically and spiritually. It is gratifying that more and more representatives of the younger generation are choosing a lifestyle in which there is no place for addictions and addictions, offenses and crimes. Having become worthy citizens of our country, they will be able to carry out grandiose plans with confidence, rushing into a bright future.

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